



全港首個

## 煮食程序記憶法 延緩長者認知障礙

Hong Kong's first  
Procedural learning method in cooking  
to alleviate MCI symptoms



煤氣  
Towngas

低碳能源 清新空氣  
Greening up your life



▲ 參加「煮播」的長者及義工利用由職業治療師和煤氣烹飪導師設計的我「析」煮食譜進行烹調。  
Elderly participants and Towngas volunteers are great partners at making dishes using task-analysed recipe, specially designed by occupational therapists and Towngas cooking instructors.

## 煤氣公司與香港聖公會福利協會 推出「煮播」- 我「析」煮·安心煮 Towngas and Hong Kong Sheng Kung Hui Welfare Council Limited launched “Chef Anchor” cooking programme



一項本地研究結果顯示，每100位70歲以上長者當中約有9位患輕度認知障礙(MCI)，而MCI演變為認知障礙症的轉化率在一年間是10-15%。認知障礙症暫時無法根治，對患者個人身心及親朋社交均有負面影響，因此有需要於早期介入，採取合適治療及輔助措施，延緩病情衰退。香港中華煤氣有限公司(煤氣公司)與香港聖公會福利協會合作，由職業治療師聯同煤氣烹飪導師設計全新的煮食程序計劃—「煮播」，將「煮飯」變成訓練腦筋的活動。

「煮播」是一個社福及工商界「跨專業協作」計劃，於2017年3月份開始在聖公會轄下長者中心為約350名長者進行個別認知檢測，當中有19位長者的認知能力符合輕度認知缺損程度，並於煮食方面有一定困難，參加了「煮播」煮食程序計劃。

煤氣公司企業事務總監楊松坤表示：「我們推出『煮播』計劃，是希望讓患輕度認知障礙者能以煮食這日常生活行為作切入點，提升自信和認知能力。煤氣公司利用企業的長處——明火煮食，為認知障礙症患者提供幫助，在社會上『創造共享價值』。同時，我們鼓勵同事和客戶義工參與，希望令他們更明白這個病症，達到助人自助的目的。」

計劃調查發現九成輕度認知障礙長者在完成第一期「煮播」後，其自信心、煮食及認知方面的能力均有所提升。

A local survey showed that nine out of 100 elderly people over 70 years old suffer from Mild Cognitive Impairment (MCI). The transformation rate from MCI to Alzheimer's disease is 10-15% and currently there is no permanent cure for this disease. Therefore, early interventions with suitable treatments and assistance are necessary to alleviate the MCI symptoms. The Hong Kong and China Gas Company Limited (Towngas) and The Hong Kong Sheng Kung Hui Welfare Council Limited launched a collaborative cooking programme, “Chef Anchor”, designed by occupational therapists to offer training to MCI participants.

“Chef Anchor” is a multidisciplinary programme jointly launched by social welfare and business sector. In March 2017, Welfare Council conducted a cognitive screening test for 350 elderly people in its elderly centres. Of which, 19 participants who showed the tendency of MCI and difficulties in daily cooking joined the “Chef Anchor” programme.

Isaac Yeung, Towngas Head of Corporate Affairs said, “The objective of this programme was to improve the self-confidence and cognitive ability of MCI patients through regular practice of their daily habits such as cooking. Towngas would like to utilise flame cooking to help the MCI patients and create shared value. Meanwhile, we encourage our colleagues, clients and volunteers to participate so as to learn more about MCI.”

Survey revealed that 90% of MCI participants showed improvements on self-confidence, cooking skills and cognitive ability after completion of Phase One of “Chef Anchor”.



**煤氣**是用  
「煤」造的嗎？  
Does town gas  
come from “coal”?



**不，它是用天然氣和  
石腦油來生產的！**  
No, it comes from  
Natural gas and Naphtha!



煤氣公司一向致力為客戶提供安全可靠，又環保的燃料。早於1970年代，我們已採用含硫量極低的石腦油，取代煤和重油作為生產煤氣的原料，使生產過程更為潔淨。2006年，我們更引進天然氣，與石腦油並用來生產煤氣，減低碳排放逾20%，進一步改善環境。

Towngas is committed to providing customers with a safe, reliable and environmentally friendly fuel. In the 1970s we switched from using coal and heavy oil as feedstock to naphtha, which has a very low sulphur content. We introduced natural gas as feedstock in addition to naphtha in 2006 and reduced carbon emission by 20%, helping further improve the environment.

更多環保資訊及活動，請留意煤氣公司  
全新手機應用程式「Towngas煤氣公司」，  
或「低碳Action!」Facebook專頁。

For more green activities, please visit our  
new mobile app “Towngas 煤氣公司” or  
Facebook fanpage of “lowcarbonaction”.



## 煤氣公司再度榮獲「中銀香港企業環保領先大獎」金獎

Towngas is honoured again with Gold Award of “BOCHK Corporate Environmental Leadership Awards”



今年煤氣公司獲香港工業總會和中國銀行(香港)再度頒發「中銀香港企業環保領先大獎」製造業金獎及首次獲頒獎一帶一路環保領先嘉許獎，以表揚煤氣公司在改善環境質素方面作出的貢獻。

煤氣公司自2015年起開始研發斬新立管修復技術「聰明立管外套」，維修銹蝕煤氣立管，不但提升成本效益，同時減低對客戶因停止供氣的影響，亦減少七成鋼鐵物料的浪費。另外，新建成的將軍澳名氣通香港2號數據中心採用多項環保技術和措施，節約能源及減少浪費。



▶ 將軍澳名氣通香港2號數據中心設有燃氣吸收式製冷機，可利用附近將軍澳堆填區沼氣製冷，轉廢為能。

Towngas Telecom Hong Kong Data Centre 2 in Tseung Kwan O is equipped with gas absorption chiller that can utilise landfill gas from nearby Tseung Kwan O landfill for space cooling, turning waste into energy.

Towngas is honoured again with the Gold Award in Manufacturing Sector of “Bank of China (Hong Kong) Limited (BOCHK) Corporate Environmental Leadership Awards” and, for the first time, attained the Belt and Road Environmental Leadership Recognition Award in recognition of our contribution to improving the environment.

Towngas has developed Smart Riser Jacket, a new technology to repair corroded gas pipes since 2015. While saving costs for pipe replacement, it reduces 70% of steel usage and minimises the impact of gas supply suspension on customers. Besides, the new Towngas Telecom Hong Kong Data Centre 2 located in Tseung Kwan O adopts environmentally-friendly technologies and measures to save energy and reduce waste.



▲ 煤氣公司自行研發「聰明立管外套」修補銹蝕煤氣立管，減少七成更換立管所需的鋼鐵物料。

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◀ 時任香港特別行政區行政長官梁振英(右二)、香港工業總會主席鄭文聰(左一)和中國銀行(香港)副總裁林景濂(右一)頒發「中銀香港企業環保領先大獎」製造業金獎予煤氣公司常務董事陳永堅。

Former HKSAR Chief Executive CY Leung (second from right), Federation of Hong Kong Industries Chairman Professor Daniel M Cheng (first from left) and BOCHK Deputy Chief Executive Lin Jingzhen (first from right) presented the Gold Award in Manufacturing Sector of “BOCHK Corporate Environmental Leadership Awards” to Towngas Managing Director Alfred Chan.

